

ELEVATE & THRIVE FITNESS

BACK, SHOULDERS & TRICEPS DAY 1

| EXERCISE | NOTES | SETS | REPS | REST |
|---------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------|--------|--------|
| Warm up | Dynamic stretching: arm circles, band pull aparts, band around the world, push ups, DB rotators REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT | 1-2 | 10-15 | 1 min |
| Chin ups | | 3 | 10 | 90 sec |
| Lat Pulldowns | | 5 | 8 | 90 sec |
| Seated DB Arnold Press | | 4 | 8 | 2 min |
| DB upright Rows SS w/ DB Back Flys | | 3 | 8,10 | 90 sec |
| DB lateral raises SS w/ DB overhead Tricep Extension | | 3 | 10,10 | 90 sec |
| Cable Rope Tricep Extensions SS w/ Cable Rope Front Raises | | 3 | 10,10 | 90 sec |
| Ab Circuit: Bird dogs, Weighted in & out crunches & boat pose | Do each exercise for set time with no rest between, then repeat for 2 sets | 2 | 30 sec | 60 sec |

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QUADS & GLUTES DAY 2

| EXERCISE | NOTES | SETS | REPS | REST |
|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|--------------|--------|
| Warm up | Dynamic stretching: body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc. REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT | 1-2 | 10-15 | 1 min |
| Barbell Hip Thrusts SS w/ Kas Glute Bridges | | 5 | 6, 10 | 2 min |
| Leg Press | | 5 | 6-8 | 2 min |
| DB Bulgarian Split Squat | | 4 | 6-8 each leg | 2 min |
| Leg Extension Machine | | 4 | 10 | 60 sec |
| Abductor Machine | | 3 | 15 | 60 sec |

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CHEST, BACK & BICEPS DAY 3

| EXERCISE | NOTES | SETS | REPS | REST |
|---------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------------------|--------|
| Warm up | Dynamic stretching: arm circles, band pull aparts, band around the world, push ups, DB rotators REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT | 1-2 | 10-15 | 1 min |
| Push Ups | | 3 | 10 | 90 sec |
| Barbell Bench Press | | 4 | 6 | 2 min |
| Reverse Grip Lat Pulldowns | | 4 | 8 | 2 min |
| Barbell Supinated Rows | | 4 | 6-8 | 2 min |
| Barbell Bicep Curls | | 3 | 8 | 90 sec |
| Flat Bench DB Chest Flys SS w/ DB Alternating Hammer Curls | | 3 | 10,10 each arm | 90 sec |
| Ab Circuit: Side plank, plank, side plank | Do each exercise for set time with no rest between, then repeat for 2 sets | 2 | 30 sec | 60 sec |
| | | | | |

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GLUTES & HAMSTRINGS DAY 4

| EXERCISE | NOTES | SETS | REPS | REST |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------------|--------|
| Warm up | <p>Dynamic stretching: body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc.</p> <p>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</p> | 1-2 | 10-15 | 1 min |
| Barbell Hip Thrust with Pause | | 4 | 6-8 | 2 min |
| DB heavy Sumo Squat | | 4 | 8 | 2 min |
| DB RDL | | 4 | 10 | 90 sec |
| DB Reverse Lunges | | 4 | 8 each leg | 2 min |
| Cable Pull-through | | 3 | 12 | 60 sec |
| Calf Raises | | 2 | 25 | 60 sec |

ELEVATE & THRIVE FITNESS

BACK, SHOULDERS & ABS DAY 5

| EXERCISE | NOTES | SETS | REPS | REST |
|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------------------|--------|
| Warm up | Dynamic stretching: arm circles, band pull aparts, band around the world, push ups, DB rotators REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT | 1-2 | 10-15 | 1 min |
| Machine Assisted Parallel Grip Pull up | | 3 | 10 | 60 sec |
| Barbell Overhead Shoulder Press | | 4 | 6-8 | 2 min |
| Seated Row | | 4 | 10 | 90 sec |
| Single Arm DB Bent Over Row SS lateral raises | | 3 | 6 each arm, 10 | 90 sec |
| EZ bar upright row SS w/ EZ bar front raise | | 3 | 8, 10 | 90 sec |
| Kneeling Cable Rope Face Pulls SS Cable Rope Kneeling Crunches | | 3 | 10 | 60 sec |
| Ab Superset: Hanging Leg raises & Dead Bugs | | 2 | 20 each | 60 sec |